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NEW HORIZONS

WAR DEPARTMENT PAMPHLET No. 21-17

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For explanation of symbols, see FM 21-6.

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NO HOSPITAL IS FUN

THIS BOOK IS ALL ABOUT YOU. It is not an AR. Neither is it a lecture. It is straight common-sense about your future in the Army and as a civilian. You are in an Army hospital, but not like an ordinary patient. You are here as a soldier—a first class American fighting man temporarily laid up for repairs.

The repairs will be fast and thorough. The Army has the finest doctors. These doctors have an obligation to use the most modern equipment, the best medicines and all their skill to give you the best medical care in the world.

You, too, have an obligation while you are here. An obligation to help yourself. This means complete cooperation with the people who know how to make you well. They know what's good for you.

FURLOUGHS

Naturally, you'd like a furlough. Who wouldn't? However, for your own health's sake, the choice of time will be made by the doctor to fit in with *his* plan for your full recovery. This means you'll get that sick leave or furlough the minute it will not interfere with your treatment—usually as soon as you graduate from the ward to Class II of the advanced reconditioning section.

YOUR FOLKS

You have an obligation to your people as well as to yourself for your own recovery. When you're told to exercise an injured knee joint or stiff shoulder, do it with confidence. It will pay off later when you recover use of the injured member.

PATIENCE WITH A PURPOSE

Everything you do here will have a purpose to help your body mend and to shorten your stay. It takes time for bones to knit, joints to flex, muscles to toughen, wounds to heal. It takes courage to wait. Your serenity and determination in helping yourself will surely help the patients near you.

HAVE YOU BEEN OVERSEAS?

Yes. Then the men who have not been across will look to you as a seasoned soldier. Your poise, self-reliance and stability can establish courtesy, understanding and discipline in the ward. Some men make mistakes. Do your best to avoid making them. Don't belittle the guy who hasn't been across—he couldn't help it. Don't try to dictate your own treatment — the doctors know your needs a lot better than you do. Don't be impetuous and demand service when that means interrupting what is being done for other patients.

Hospital life is almost as informal as the supper table in a big boarding house. There are no secrets. This means you must go out of your way to respect the other fellow's privacy. Help him over the rough spots of his recovery. You can do this by preserving a soldierly attitude that cheers him up when he's in the dumps; gives him fortitude when he's in pain. You've seen how a good Sergeant can bolster the confidence of recruits. You have that opportunity now in your ward and you strengthen yourself when you use it.

PHYSICAL RECONDITIONING

While you are here you will recover sturdiness and good health. You will go through four classes as a patient. These classes are established so that the doctors can plan your recovery in progressive stages from the day you enter the hospital to the day you march out a well soldier.

THESE ARE THE FOUR CLASSES:

Class IV—when you're confined to your bed undergoing direct medical or surgical treatment.

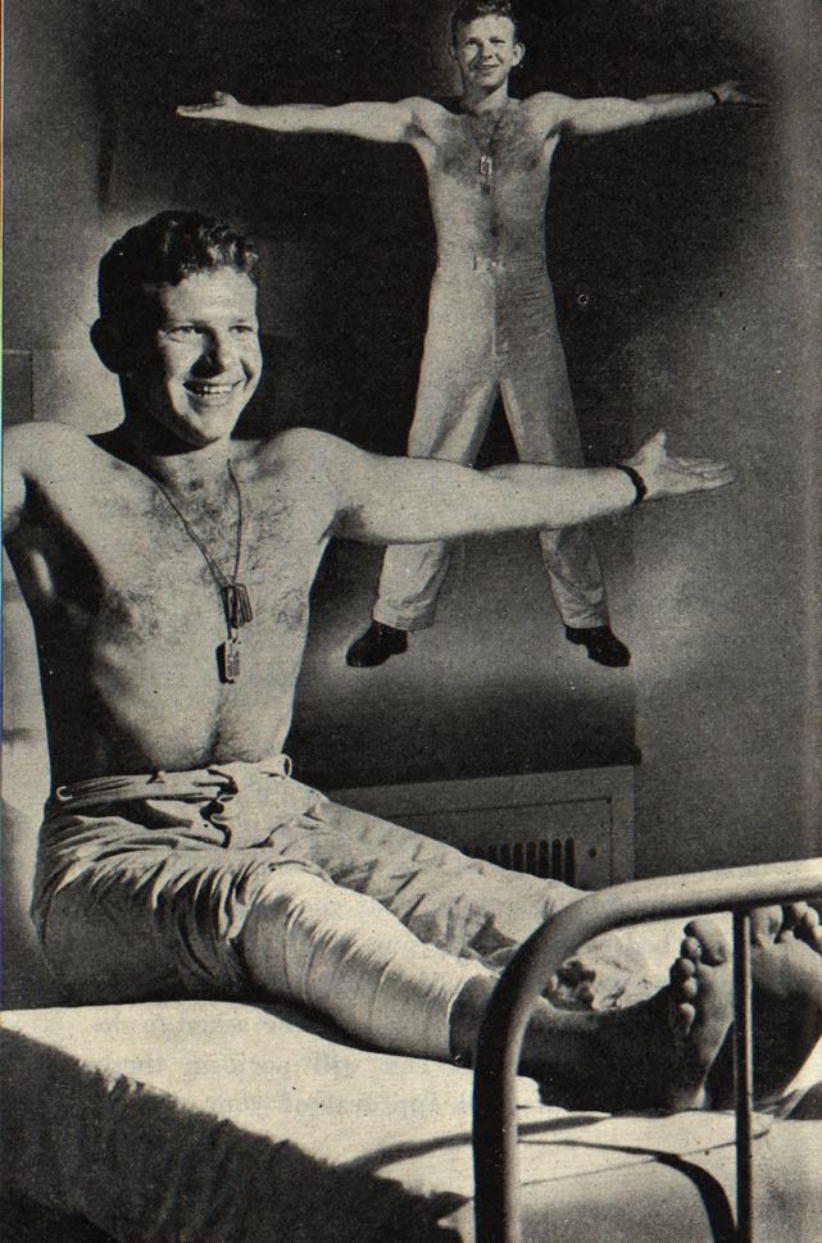
Class III—when you've gotten out of bed and can walk around the ward or outdoors, but are still receiving medical treatment.

Class II—when you've perceptibly toughened, but still a little weak, and resume the life of a soldier in training.

Class I—when your strength has returned so that you can spend eight hours a day toughening up to go back to your outfit.

EXERCISE SPEEDS RECOVERY

Whatever your injury is, it will heal quicker if the rest of your body is kept strong and vital while you are in bed. Suppose your leg is immobilized in a cast. The injured leg will mend quicker if you maintain strength in your good leg by doing simple bed exercises. If your shoulder is injured, exercising your arms and legs will help it to mend. As soon as you are ready, you will be asked to do certain bed exercises. You will perform these exercises with the full approval of your doctor.



The aim is to reeducate and return the injured part to normal function and, at the same time, strengthen the rest of your body. There will never be any danger of your condition being aggravated by the exercises you are asked to do.

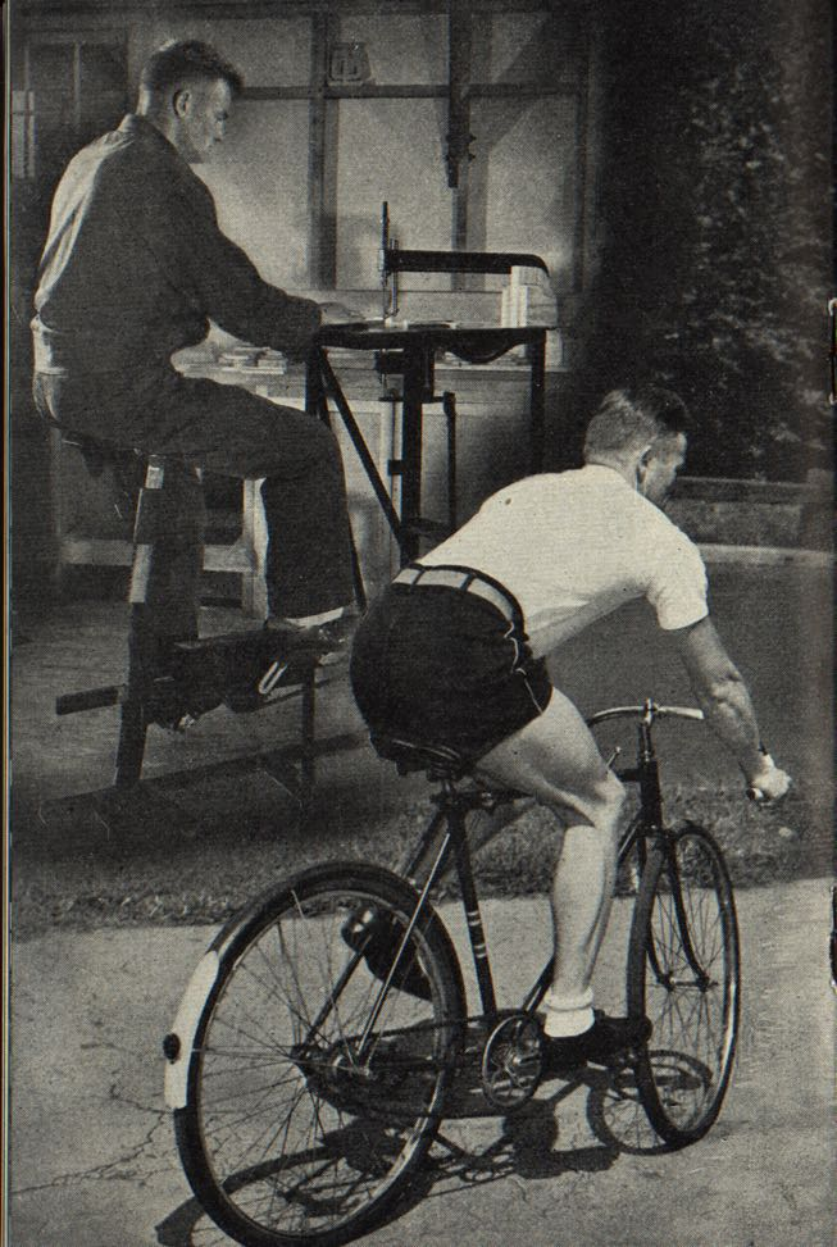
You will benefit by these exercises. At first, even limited movement of the injured part may be painful and difficult, but this initial distress is nothing compared with the wonderful satisfaction of recovering competence later. It makes more sense than anything you ever did in your life.

SET YOURSELF A GOAL

Whether you're doing the exercises in bed, or lined up in a ward—when the Ward Master calls the count, keep a check each day to see how much you can do. For instance, if you can do seven counts on an arm exercise on Monday, try for eight counts on Tuesday. This way you can measure your own progress. Do each exercise as long as you possibly can. You benefit from calisthenics only when you perform the exercise to the point of fatigue. This is the over-load principle of muscular development, well known to football coaches and athletes. It means simply that you get stronger when the body develops increased strength to meet increased demand.

FROM BED TO OUTDOORS

Once you're up and about, you'll do ward exercises and have lots of time for outdoor games and exercises. Table tennis, deck tennis, volley ball, baseball, badminton. You can fit your exercises to what your body can take. It will all add up to what athletes call "fighting edge"—the pink of condition —where you're alert and ready. With returning good health will come a sense of relaxed well-being.



WAKE UP SLEEPY MUSCLES

OCCUPATIONAL THERAPY WORKS MIRACLES IN BRINGING SPEEDY, COMPLETE RECOVERY

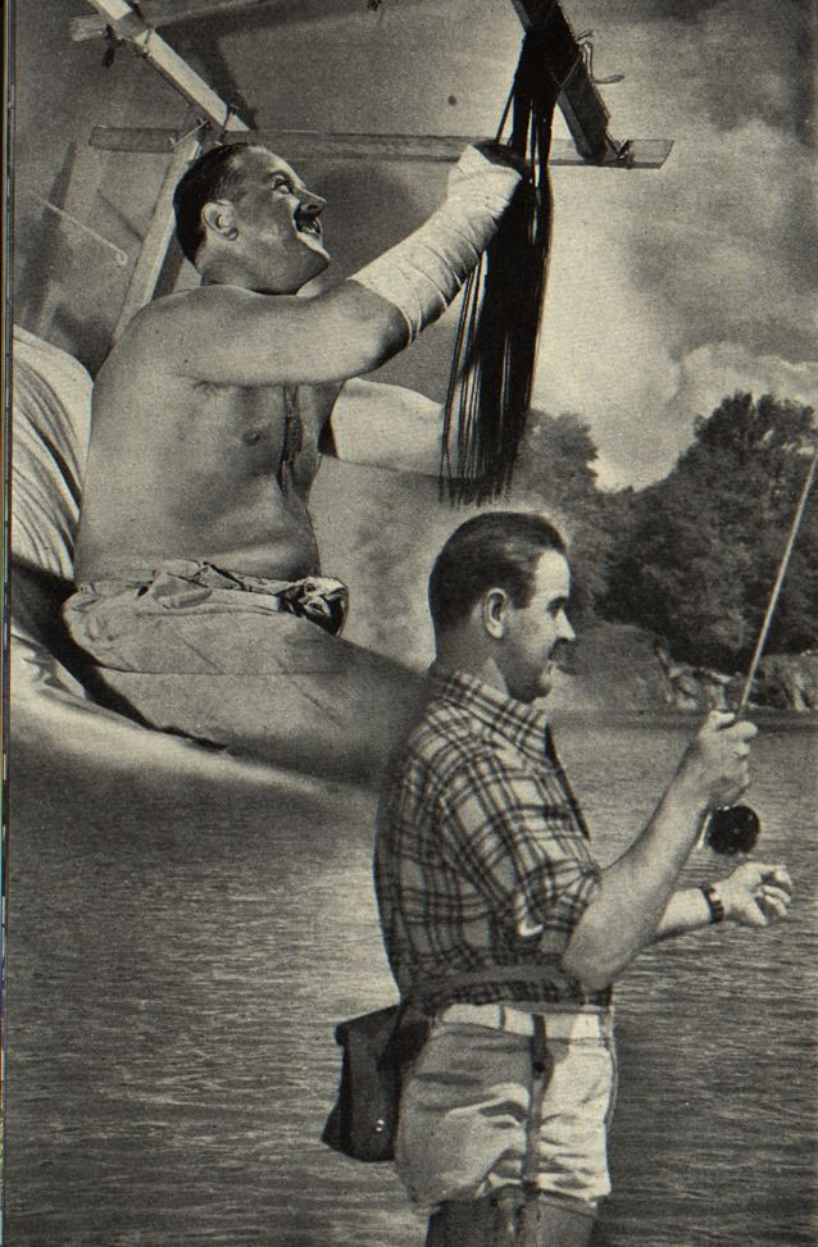
If you've ever been in a Penny Arcade you've probably seen a machine that tests a man's grip. You've watched a crowd gather round while the Charles Atlas in the group slips his penny in the slot, takes a firm grip on the handles, and s-q-u-e-e-z-e-s.

Maybe he scores high, maybe he doesn't—it makes no difference. The man has brought into play certain muscles of his hands that probably haven't been used for months.

This is one of the principles of Occupational Therapy—to provide work for muscles that have grown flabby through inactivity — to return to normal strength and usage members or parts of your body that have been injured.

Once the repair work has been done on your injury, your doctor will write a prescription for a type of work you should do to help nature complete the mending. It will be a special prescription that considers all aspects of your disability.

Engage in a hobby that will encourage muscles formerly used in your work or sport.



THERAPY STARTS IN BED

Some Occupational Therapy will start while you are a Class IV patient in bed—like making camouflage netting (a swell way to recover the use of a stiff shoulder), or moulding with clay (an excellent way to loosen the stiffness of burned surface skin or injured tendons, muscles and joints).

WORK WITH A PURPOSE

When you're a Class III patient you will have your chance to go to a completely rigged out occupational therapy shop. Here you can have some real pleasure making things out of wood, leather and clay. You'll be assigned work that carries out the doctor's prescription. For instance, if the trick is to recover the flexibility of a stiff knee after an operation, you'll work at a foot-powered saw that operates like a bicycle. Here you'll bring into play muscles and tendons that control normal use of the knee. At the same time, you'll be making things out of wood with the saw.

If the trick is to get used to an artificial limb, you'll spend time and have fun playing chess or checkers (with specially devised men) that soon will give you deftness and certainty. Did you see

Making a camouflage net or web belt exercises the same muscles you use when fly casting.

McGonigal in the movie? Or get a copy of WD Pamphlet 8-7, "Helpful Hints To Those Who Have Lost Limbs."

THE "OT" KNOWS HER JOB

The women who supervise the work in the shop are trained for it. They know precisely how to devise work for you to do that will accomplish the most good in your recovery. If you goldbrick on the job you're wasting precious time in achieving full recovery.

A 4-STAR COMBINATION

It's easy to see how the things that are happening to you in the hospital work together to promote your recovery. First, while you're a Class IV patient, direct medication or surgery to accomplish the physical repair. Next, when you're back in bed, exercises and occupational therapy to start the mending job on the disability. Then courses of study to relax tension and learn new things. Finally, that glad day when the doctor says it's okay to get out of bed. You'll know then that your own help toward your recovery is the best thing you ever did.

Clay modeling exercises hand muscles, loosens taut skin, helps you regain finger flexibility.

WHAT WOULD YOU LIKE TO LEARN?

A man is happiest when he is doing something for his own good. While you are here you've got time to think about your future and to plan for it. The immediate aim is to get well quickly and return to your outfit. It needs you. The long-term aim is the day you return home a poised, American civilian. In this hospital you have an opportunity to prepare yourself for both steps through the United States Armed Forces Institute.

IT'S FUN TO LEARN

There is satisfaction in learning anything that's useful. While you're here you've got time to do it. Would you like to learn Algebra or Physics or Radio or News Reporting or a Foreign Language? Would a course in accounting tie-in with your job before the war? These and other excellent USAFI self-teaching courses are yours for the asking. You can keep up with your outfit by studying a course required in your Army job, or you can work for your school or college diploma. Whichever you do, choose a course that interests you and will help you.

FOR FURTHER DETAILS . . .

Your hospital will give you a copy of the little green booklet "It's Fun to Learn." If you have any further questions about USAFI, speak to your Educational Reconditioning officer or Ward officer.

ORIENTATION

Like most soldiers, you've got a keen interest in how the war is going. After all, you, and some eleven million others like you, are writing the history of this war—a good enough reason for wanting to know what is going to be in the book!

Those of you who have been over there already have done a swell job. If there be doubters, let them ask the dead Japs at Tarawa, Guam, Saipan . . . or the Nazis scattered from Africa through Italy and France and in Germany itself. Those of you who are going over will do a bang up job, too. We know that, because Americans have been doing it ever since the battle for Wake Island.

A MAN DOES A BETTER JOB IF HE KNOWS *WHY*

But the task is a dirty and tough one and all of you will do it better if you know *why* you are doing it. It's tough to stop tanks. It's tough to fight strafing planes. But it's a lot easier to do it when you know *why* you are being called upon to stick out your neck.

Keep an eye on war progress. Swap opinions and experiences. Attend Orientation meetings.

EUROPEAN FRONT

SHARE YOUR EXPERIENCES

If you are back from overseas then you've got a lot to tell the men who haven't yet had their chance. And if you haven't yet gone over, you will have a lot of questions to ask of the men who have been there. As a matter of fact, whether you have been over or not is not nearly as important as is your knowing *why* we have to go over and *how* we are doing!

IT'S *YOUR* PROGRAM

Swing in and take a personal interest in it. This is your program and "it's on company time." What do *you* really know about why we are fighting? Do *you* know the kind of guy the Nazi and Jap is? What do you know about our British and Russian and Chinese Allies? And why ought *you* to know?

What do you know about what the other arms or branches of the service are contributing to the winning of the war? What do you know about the plans for the postwar world in which *you* are going to live?

In short, *what do you know?* The Orientation meeting will help you get the answers. Don't miss a good bet!

RELAX, HAVE FUN

There's a lot of tonic in jive. A good belly laugh is sometimes worth a whole bottle of Vitamin D. You've seen how one man with the ability to wisecrack at the right time has lifted the spirits of his whole unit. The secret weapon of the United States Army is its sense of humor. Your own capacity to have fun has a bearing on the speed of your recovery.

FUN CURES "NERVES"

At one time or another every man suffers the jitters. There are no exceptions. Nervous tension

has a direct relationship to your recovery. The trick is to develop interests that take you out of yourself. Plunge in on activities here at the hospital that genuinely interest you. Project your thinking to the other fellow and *his* problems.

THERE'S PLENTY TO DO

When you're up and about as a Class III patient, plan to spend a part of each day in the Red Cross auditorium. Do what you like, but do something. Maybe it's table tennis. Maybe it's only a tight game of checkers with a guy in the next bed. Find the recreation that you "feel up to." It's a perfectly sensible idea to talk it over with your doctor. He can tell you exactly what games, sports, and recreation will have a directly beneficial effect on your disability.

A TIP ABOUT LETTERS

When writing home to your family, your wife or girl, tell them about the things you are doing to help your recovery and what the hospital is doing. Those to whom you write will appreciate all that is being done. Their interest and encouragement will help you.

GET SUNSHINE

Get outdoors as much as you can. The sun is a great healer. If you feel up to it, join in group games like badminton or volley ball. When you get tired, stretch out on the grass and relax.

ENTERTAINMENT

A man can find everything his mood calls for in music. Your own serenity while you are here in the hospital can be fortified by deliberately joining the group around the victrola in the Red Cross room—or next to the radio. Or, when entertainers come to the ward (whether you think it's corny or not) by forgetting yourself for a while.

The same thing goes for the movies. When you're still a Class IV patient you'll see regular showings in the ward of "GI" movies. When you're up and about you'll have a chance to attend showings of first run features in the Red Cross auditorium. Go. It'll do you good.

DANCES, SOLDIER SHOWS

Maybe you have a special talent that will help the Special Service officer and the Red Cross workers in planning local entertainments. Maybe you're an amateur magician. Perhaps you're expert at card tricks. Maybe you've always been interested in radio or playing a musical instrument. Tell the Ward officer or Special Service officer about it. Go and see the Red Cross workers. Offer your services. You'll get a kick out of joining the group —and, again, it will help speed up your recovery.

THERE IS A PLACE FOR YOU IN THE ARMY

YOUR OUTFIT NEEDS YOU. During your last weeks here in the hospital you will soldier as a Class I patient with other men slated to return to duty. Your body will toughen. You'll get as brown as a berry. With returning good health will come a refreshing sense of well-being. You'll improve your knowledge of nomenclature and tactics. You will be "out" of the hospital while you're still "in" it.

If, for one reason or another, you do not go back to your old outfit, every effort will be made to find a spot for you that makes full use of your experience and competence. You will still have the satisfaction of completing your mission as a member of the Army of the United States while your country is at war.

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"People are no damn good."